Mental Health Resources in Your Community

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Mental health is essential to everyone's overall health and well-being. Everyone struggles from time to time. If you or someone you know need help, local resources are available. Our Charles County Department of Health would like to remind residents about the many out-patient services provided through their Division of Behavioral Health.

The Department of Health provides therapy treatment for those age six and older and medication management services to clients ages 18 and older. Conditions treated range from severe reactions to stress, bereavement, partner or parenting problems, domestic violence, treatment of depression, bipolar disorders, anxiety disorder, psychotic disorders, trauma treatment, anger management, and many other situations leading to stress and reduction of enjoyment of life, such as chronic pain conditions. The Department of Health also supports clients living with substance use conditions by collaborating closely with treatment and recovery programs both inside the department, as well as outside resources.

Services offered include individual, group, and family psychotherapy, as well as psychiatric evaluations, medication

management services, and an Anger Management Program. All our treatment approaches are evidence-based and include, but are not limited to, cognitive behavioral therapy, brief solution-based therapy, mindfulness and stress reduction, eye movement desensitization and reprocessing, and many others. All our treatment approaches utilize a person-centered, trauma-informed approach.

The Department of Health has licensed clinicians that can refer clients, if needed, to community resources. Some of these services include supported employment, psychiatric rehab programs, housing programs, and case management agencies. These referred services help craft the strongest possible support network, allowing for a full and meaningful life in the community. The Department of Health accepts Medicare, Maryland Medicaid, and other insurance plans or self-payment fees. Call the front desk at 301-609-6700 for a full listing of insurance plans accepted.

If you suspect you or your loved one has a mental health or substance-related illness, early identification and treatment is vital. If you are interested in beginning your treatment process, call 301-609-6700 to schedule an intake assessment appointment by our clinicians. Evaluation for psychiatric services are scheduled following the clinical intake assessment. All referral sources are accepted. You can also stop by the Department of Health (4545 Crain Highway, White Plains) clinic front desk to obtain information regarding treatment and eligibility. To learn more about all the Department of Health services, visit their website at www.CharlesCountyHealth.org, or call 301-609-6900. For all life-threatening emergencies, call 9-1-1.

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